How Do I Know?

- WARNING: Initial Carbon Monoxide poisoning symptoms are about the same as the “flu”. Consider the environment before assuming the root health problem
  - Low exposure -- **Headaches, dizziness, and/or nausea**
  - Moderate exposure adds confusion, possibly fainting during exertion, impaired vision
  - High exposure adds unconsciousness, coma or death.
  - **DO NOT USE SKIN COLOR as the only exposure indicator --** “Cherry red” skin only occurs in severe cases
- CO replaces Oxygen in the blood; the brain and heart are very sensitive to loss of oxygen
- Long low level exposures can ultimately be as dangerous as high concentrations
- Days after initial “recovery”, mental disorders may show up. SEEK MEDICAL AID.

- In an enclosed area where ANYTHING has a flame – heater, water heater, commercial appliance, internal combustion engine, and so on, the possibility of carbon monoxide buildup exists, any time of year. That includes vehicles.

Example: United Press International: Chicago, 16 AUG 05: CARBON MONOXIDE FILLS CHICAGO RESTAURANT: (paraphrased) Three people were hospitalized when carbon monoxide fumes leaked from a faulty (commercial) dishwasher at (a famous steak restaurant).

Good summary information: http://www.safety-council.org/info/OSH/carbon.htm